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Child care providers' perceptions of children's lifestyles and risk factors for obesity: A focus group study

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The lifestyles of insufficient sleep and skipping breakfast have been pointed out as the problems on childhood lifestyle since 2008. If the nurses have not had health guidance for parents in spite of knowing these associations, they would not grasp the recent situation on childhood lifestyles. This suggests that the nurses who will have a health guidance for childhood should interview not only parents, but also child care providers. Therefore, this study attempts to understand child care providers' perceptions of remarkable children's lifestyles and discusses potentially successful strategies of cooperation among child care providers, parents, and health professionals for health promotion and the prevention of obesity in preschool children. We conducted 6 focus group discussions consisting of 34 child care providers employed by private and public child care centers, and a public kindergarten in Japan. Systematic thematic analysis was conducted to generate themes to address the study questions. Our results indicate that what the focus group participants discussed fell mainly into the 3 different kinds of points: "Concerns of Child Care Providers Regarding Parental Attitudes about Nutrition and Nurture", "Tensions Between Parents and Child Care Providers", and "Current Obesity Prevention Activities and the Role of Child Care Professionals." Child care providers needed a system to demand help from public health nurses in guiding parents would be effective in preventing childhood obesity.

Biography

Chiyori Haga has completed her PhD in 2012 from Yamanashi University and worked there as an Assistant Professor. She is currently Associate Professor at Okayama University Graduate School of Health Sciences. She has conducted some cohort studies about health promotion for both children with and without disabilities. She has been serving as an Editorial Board Member of *International Journal of Nursing & Clinical Practice*.

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